



Getting a colorful variety of fruits and vegetables each day is easier than you think.

Each of these daily menus has at least 5 cups (10 servings) of fruits and vegetables.
Half a cup is the general serving size except for raw leafy greens
which are 1 cup and dried fruits which are a quarter of a cup.

Check the number after each meal to see how many cups of fruits and vegetables it has.

Monday

Breakfast 1

Small bagel with low fat cream cheese and all-fruit berry jam

Orange juice

Coffee or tea with low fat milk

Lunch 4

Large tossed salad with cherry tomatoes and sliced mushrooms topped with
tuna salad and low fat dressing

Whole wheat crackers

Apple

Dinner 3

Vegetable soup

Baked chicken breast with instant brown rice

Spinach sautéed with garlic and olive oil

Lemon yogurt topped with canned crushed pineapple

Snack 1

Banana

Snack 1

Celery sticks and baby carrots with hummus

Snack

Hot chocolate made with low fat milk

Tuesday

Breakfast 2

Strawberry-banana smoothie with low fat yogurt

Lunch 2

Hamburger on a roll

Tossed salad with low fat dressing

Fruit cup

Low fat milk

Dinner 4

Tomato soup

Baked salmon

Baked potato wedges with olive oil and seasoned salt

Green beans with sliced almonds

Black cherry gelatin with sweet cherries and a dab of whipped cream

Snack 1

Dried fruit and nuts

Snack 1

Grape juice

Low fat cheese and whole wheat crackers



Wednesday

Breakfast 1

English muffin with an egg and a slice of low fat cheese

Orange juice

Coffee or tea and low fat milk

Lunch 3

Beef vegetable soup

Turkey sandwich on whole grain bread with baby spinach and sliced tomato

Banana

Dinner 6

Pasta with broccoli, onion, garlic and shrimp sautéed in olive oil

Tossed salad with canned beets with low fat dressing

Garlic bread

Fresh pears and dry-roasted nuts

Snack 1

Low fat milk and cookies

Snack 1

Low fat yogurt

Snack 1

Apple slices with peanut butter

Thursday

Breakfast 2

Oatmeal cereal with raisins

Low fat milk

Fresh strawberries

Lunch 2

Pizza topped with vegetables-mushrooms, broccoli and onions

Tossed salad with low fat dressing

Iced tea with lemon

Dinner 3

Hot spiced apple juice

Roasted chicken

Instant brown rice

Baked winter squash

Green peas

Snack 1

Canned fruit cup

Snack 1

Low fat yogurt with dates and granola

Snack 1

Grapes



Friday

Breakfast 2

Whole grain cereal with low fat milk and banana

Orange slices

Lunch 3

Tomato juice

Chicken salad with diced celery, apples and walnuts on whole grain bread

Fruit salad

Dinner 4

Canned bean soup with added frozen mixed vegetables

Whole grain crackers

Baby carrots, celery sticks, cherry tomatoes, broccoli, low fat cheese cubes and low fat sour cream dip

Brownie with low fat ice cream

Snack 1

Baked chips and salsa

Saturday

Breakfast 2

Omelet or scrambled eggs with green pepper, onion and ham cubes

Whole grain toast with all-fruit jelly

Grapefruit slices

Coffee, tea, low-fat milk

Lunch 3

Hot and sour soup

Broccoli and chicken stir-fry Rice

Fortune cookies and tea

Dinner 5

Pasta with tomato sauce

Mixed green salad with avocado slice and low fat dressing

Whole grain roll

Plain yogurt with blueberries, chopped walnuts and honey

Snack

Instant pudding made with low fat milk

Sunday

Breakfast 2

Whole grain waffles with berries

Cranberry juice

Coffee or tea with low fat milk

Lunch 4

Roasted pork tenderloin

Baked sweet potatoes with brown sugar and crushed pineapple

Green beans

Cinnamon applesauce

Low fat ice vanilla ice cream with peanuts and maple syrup

Dinner 3

Vegetable soup

Turkey, lettuce, tomato and avocado sandwich on whole grain bread

Low fat chocolate milk

Snack 1

Tangerine